

# NEWS LETTER

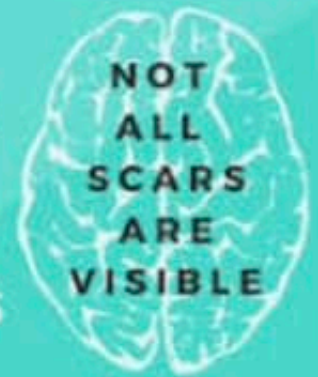
June 2023



*Be your best self!*

PTSD Awareness  
Month

JUNE IS  
POST-  
TRAUMATIC  
STRESS  
DISORDER  
AWARENESS  
MONTH



Children's Awareness Month



LGBTQIA Awareness  
month



# CREATIVE HEALING

Join us June 8th 6-8pm



## Calling all Adult Clients!

Offered by John Davis Local artist and Art Director at Milton Hershey School and Sarah Mathes, ATRP

Art background is not required, this group is focused on the therapeutic element of using creative expression for healing. We do not focus on the final product as a "masterpiece" but rather, we are coming together, supporting one another in the process of personal growth and healing art.

Please come join us!!!!!!!

Sign up preferred, please see Nia or Areana for sign ups

If I could say  
it in words  
there would  
be no reason  
to paint



# WHATS GOING ON THIS MONTH



## New Group Opportunity for Children 8-13 RANDI'S KIDZ CLUB

By: Toni Shearer Owner/Director, LPC, CCTP, CATP, CJSOTS

Randi's Kidz Club is an Seven-week therapeutic interactive group for children ages 8-13 years who have experienced or witnessed family violence. The sessions are an interactive group focused on helping children express feelings and emotions through games, art therapy, and relaxation techniques. A completed application is required and must be returned to the front desk by June 29th. The first class will be starting in July 17th from 5:00-6:30pm and ending August 28th.

## "EXTRA BOOST" MONTHLY THERAPEUTIC SUPPORT GROUP

*Rebecca Singer LPC, CCTP, CAIMHP, CGCS,  
CAADC, CCPG*

This therapy group is available the third Monday of every month to provide support outside of individual therapy in a group setting. Each month will be a different topic. June's topic is about "overcoming challenges by identifying and using positive coping skills". This is available both via telehealth and in person. Please email Rebecca Singer if interested at [Rsinger@c4hh.com](mailto:Rsinger@c4hh.com)



A Financial Class  
and a Healthy  
Relationship group  
coming in July

# COME JOIN IN SUPPORTING GIVING BACK TO THE COMMUNITY



## Conrad's Catering and BBQ Pit is Back!!!

Conrad's Catering is a great way to bring home an already made dinner. A chicken dinner contains 1/2 Chicken, baked potato, baked beans, coleslaw, a dinner roll, and a drink for \$15.00. You can preorder at the front desk with Nia or Areana.

## Father's Day Treats for Sale

Starting June 1st chocolate covered pretzels will be for sale \$30 box in support of Father's Day! A client from our Office has worked hard to provide something sweet for all kinds of Dads.





# INTRODUCING NEW THERAPIST IN THE OFFICE!!!!!!



**Walter Hilliard**  
**M.S**

David has experience working with individuals across the lifespan as well as couples, and is passionate about empowering all individuals to grow, develop, and accomplish their goals and objectives. As a former high school educator and school-based therapist, he has more than two decades of experience helping teens and young adults developing social and interpersonal skills. David is adept at instilling hope, motivation, confidence, and resilience, while prioritizing compassionate self-reliance.

He earned his Bachelor of Arts in Psychology from Southern New Hampshire University in 2016 and Master of Arts in Clinical Mental Health Counseling in 2021 from Colorado Christian University.

He employs a rational emotive behavioral and relational cultural approach to counseling to best support the interactive nature of all humans, but views meeting his client's needs and preferences as an ethical imperative. David is as a nature-lover and enjoys being outside with his family and friends as much as possible. He often incorporates similar natural behavior alterations, as appropriate in therapy. As a weightlifter and former football player, David also focuses on performance enhancement when a related aspiration is expressed. He is happily married and lives with his wife, son, and dog.

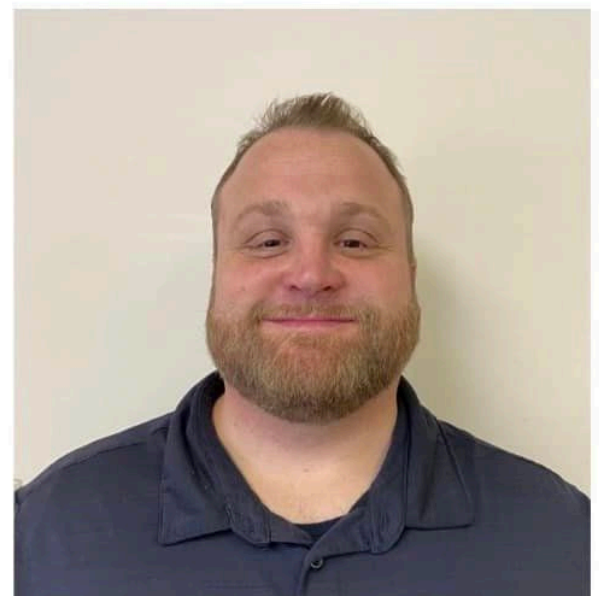
Walter has worked in Mental Health in Reading, Harrisburg, York, and Coatesville, PA, and has experience in Cognitive Behavioral Therapy, Behavior Therapy, Psychotherapy, and numerous other approaches as a Family Therapist, Behavior Specialist/Mobile Therapist, Addictions Counselor, and Functional Family Therapist.

Walter's diverse background also includes that as a published writer, motivational blogger, and professional experience with adults and young people as a H.S. Girl's Head Coach and college Men's Head Basketball Coach (also taught two college courses and developed several campus and community programs), as well as having experience with couples as a Marriage Education Lead Group Facilitator (30 couples completed 1 year).

Additionally, Walter's diverse career also includes work as a Vocational Services Manager, where he created the GCAP Employment and Training Program (in multiple school districts; received two awards from Central Dauphin School District), Clinical Coordinator, and Treatment Supervisor (Criminal Justice; Schaffer Youth Detention Center).

Lastly, Walter has also been dedicated to underserved communities and was a cofounder of a grant-funded at-risk youth program that operated in the state capital, Harrisburg, PA, for three years, and at its height had up to 30 professional mentors.

**David Moore**  
**MA, NCC**





## INTRODUCING NEW INTERNS IN THE OFFICE



### Krystyna Perkins-Matisse

Krystyna is a masters level intern from Messiah University. She has four years of experience within the mental health field/crisis intervention and seven years working with children and adolescents through collaborative care. Krystyna believes in the power of a therapeutic relationship and values offering a safe space for her clients. Krystyna meets clients where they are and offers a holistic approach within counseling. In her free time, she enjoys spending time with family, traveling to new places, house plants, and her dogs Stella and Rave.



### Lynnea Bowlin

Lynnea Bowlin is a practicum student from Messiah University (clinical mental health track). She is hoping to becoming a licensed professional counselor after completion of her degree. She has been involved in the mental health field in many roles, including a residential psych tech and a counseling clinic administrative assistant. Through these roles, she has thoroughly enjoyed getting to know people on a deeper level and feels passionate about the difference she can make in people's lives, small or large. In her free time, she enjoys listening to music, journaling and doing anything artistic.

# INTRODUCING NEW INTERNS IN THE OFFICE

Gina Casner

Gina has received her B.S. in Sociology from Penn State, Gina has done extensive graduate work in Human Resources & Employee Relations and is currently completing her Masters of Science in Clinical Mental Health Counseling.


Gina's extensive personal and professional history in working with families in the mental health services uniquely qualifies Chronically Strong, a non profit to assist youth (15-24) and their families in suicide prevention and mental health awareness efforts.



## Announcement

The gym will be under construction starting June. Please check the Facebook for more information or check in at the front desk.



A decorative graphic in the top right corner consisting of several overlapping, wavy, curved shapes in shades of pink, orange, yellow, and green, resembling a stylized rainbow or a modern logo element.

June is Pride month for the LGBTQIA+ communities, but there are many questions that may arise if you are not familiar with these populations. What exactly does the LGBTQIA+ acronym mean? This acronym stands for Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, Asexual. The + symbol is used to represent other marginalized genders and sexualities that were not included in the acronym. Included on the next page is a non-exhaustive list of terms and their definitions to provide further clarity.

Why do people celebrate a Pride month for the LGBTQIA+ communities? Pride month was inspired by the Stonewall Uprising in 1969, a 6 day event where people within the LGBTQIA+ populations stood up against police brutality during a timeframe where it was prohibited for gay and transgender people to legally and safely exist in public spaces. As LGBTQIA+ acceptance in society has grown over the years, Pride month has evolved from a protest to more of a celebration of the lives of LGBTQIA+ people despite the past and current legislative efforts to silence and erase these populations from greater society.

Why should people care about Pride month? For those of you who are not a part of the LGBTQIA+ communities, who are our friends, family, and allies, you play an incredibly important role in our lives. There are a large variety of unique experiences within the LGBTQIA+ communities, but there is one thing that I know is true both as someone who is a part of these communities, and as someone who is passionate about mental healthcare: Your efforts of support and acceptance, regardless of if you personally understand the experience, is highly beneficial to the wellbeing of your loved one who is a part of the LGBTQIA+ communities.

Many people discover that they are a part of the LGBTQIA+ communities at a young age, while others discover later in life. I personally discovered the language to describe my experience as a queer, non-binary person at the age of 14, and I have continued to use this language to describe myself nearly 13 years later. Witnessing discriminatory attitudes left me feeling like I had to hide who I was as a teenager, which had a profound negative impact on my mental health. My mental health started to improve drastically only after beginning to live as my authentic self, and receiving unconditional love, acceptance, and support from my friends and family members, many of which who took the time to educate themselves.

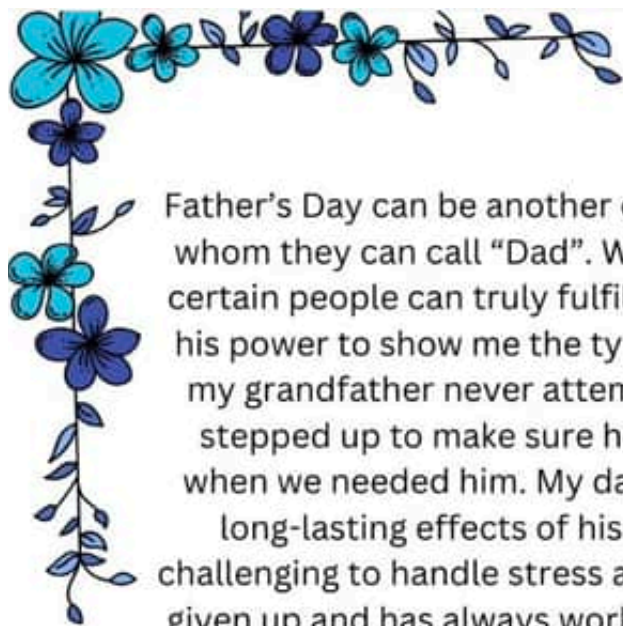
For those of you who are a part of the LGBTQIA+ communities: you know yourself better than anyone else, so it is only you who can define who you are. Pride month is a time for community and to celebrate the amazing person that you are regardless of if you are visible or not. I know how difficult it can be to determine who it is safe to be your authentic self with. If you are struggling to find community, please know that you are not alone and there is support out there for you. For a list of resources for supportive groups and organizations, please feel free to contact me at [gburns@c4hh.com](mailto:gburns@c4hh.com).

A decorative graphic in the bottom left corner consisting of several overlapping, wavy, curved shapes in shades of pink, orange, yellow, and green, resembling a stylized rainbow or a modern logo element.

Warmly, Gwen Burns, LSW (they/them/theirs)



Gender: a social construction used to categorize people, typically done so on the basis of physical characteristics
Sex: refers to a person's biological characteristics, typically viewed within the binary genders of male and female.
Assigned gender at birth/Assigned sex at birth: the process in which a doctor declares a baby's gender on the basis of the outward appearance of the baby's reproductive organ.
Intersex: an umbrella term used to describe people who are born with reproductive or sexual anatomy traits that differ from what is traditionally perceived as 'male' or 'female.' Sometimes people are identified as intersex at birth, while others find this out later in life.
Gender Identity: how an individual internally perceives their own self and gender.
Gender expression: The way in which a person physically presents themselves to the world through using clothing, hair style, pronouns, etc. A person's gender expression may differ from their gender identity.
Sexual Orientation: A person's pattern of sexual attraction based on gender.
Gay: A term used to describe an individual who is attracted to the same gender. Sometimes used to exclusively refer to men who are attracted to men.
Lesbian: A term used to describe a woman who is attracted to women.
Bisexual: The attraction to two or more genders. Sometimes it is described as the attraction to the same gender and other genders.
Transgender: an adjective used to describe an individual whose gender identity does not align with the gender they were assigned at birth. Sometimes shortened to trans.
Gender dysphoria: intense feelings of unhappiness or distress that is related to being perceived as one's assigned gender at birth, as opposed to the gender they really are
Gender euphoria: intense feelings of happiness related to having a person's gender validated and affirmed.
Pronouns: these are used in placement of a noun or a noun phrase. Some people use pronouns as a way to express and affirm their gender. Common examples include, but are not limited to: he/him, she/her, and they/them. Some people may use multiple sets of pronouns, such as he/they or she/they.
Cisgender: an adjective used to describe individual whose gender identity aligns with the gender they were assigned at birth. Sometimes this is shortened to cis.
Non-binary: This is a gender identity and a broad umbrella term used to refer to individuals who do not fit into the gender binary categories of male and female. Some non-binary people also identify as transgender, although not all do.
Asexual: A term used to describe the experience of having little or no sexual attraction. Sometimes shortened to Ace, this word is also used as an umbrella term and viewed as a spectrum.
Queer: A term used to quickly describe that a person is not heterosexual and/or cisgender. This word has historically been used as a slur in the past; however some people choose and find empowerment in reclaiming the term.
Questioning: the process of exploring one's gender and/or sexuality.
Ally/Complice: a title given to those who are considered an advocate or safe person.



Father's Day can be another challenging day for individuals who don't have someone whom they can call "Dad". While I acknowledge that anyone can be called Dad, only certain people can truly fulfill that role. I grew up with a father who did everything in his power to show me the type of love he did not receive from his own father. While my grandfather never attempted to show me love and affection, my father always stepped up to make sure he provided for me and my sister and was always there when we needed him. My dad has not always had an easy life. He has often felt the long-lasting effects of his own childhood trauma and career that have made it challenging to handle stress and communicate during conflict. However, he has never given up and has always worked on becoming the best version of himself he can be.

Finally at age 25, I have started to realize how important my relationship with my father is to me. When I was younger, I was often frustrated that my dad was not around for a whole day at a time because he was at the firehouse for 24-hour shifts. I now understand that all this time he was sacrificing for my family and risking his own life to save others. This past month I got married and officially left my family to start a new family with my husband. During this time, I often miss having my dad around to fix all the things I break and cheer me on in every area of my life. At the end of the day, I know he is proud and I am very thankful to have such an amazing father in my life.

By Taylor Quigley







## PTSD AWARENESS MONTH

PTSD is an acronym for Post Traumatic Stress Disorder. It is a disorder that develops in some individuals who have experienced a shocking, scary, or dangerous event. For a long time, PTSD was associated with veteran's trauma experienced during conflict, such as being in a war. Today we know that PTSD affects people from all walks of life who have experienced traumatic events.

I was diagnosed with PTSD in 8th grade. I remember the first time I read the diagnosis; I was in complete denial. I misunderstood it and was hurt by the term that was used. I felt that I had something wrong with me. I later learned what PTSD truly means and how it contributes to the struggles I still have 10 years after the acts that caused my trauma. I can't speak for others, but my symptoms of PTSD include night terrors, flashbacks, and daily triggers of feeling unsafe. In the past, when I closed my eyes at night, I could see my perpetrator's green eyes staring back at me while I was reliving traumatic events. I became this small, helpless 8-year-old victim. Now as an adult I still have night terrors, I am still taken back to my 8-year-old self, but I can move from victim to survivor now after I wake up. This has come about through therapy. When I wake up, I rewrite the narrative to give me back the power and it helps readjust my thoughts.

Going to therapy has been a major factor in healing my trauma. I have learned more effective coping skills, meditation to focus on my breathing, and I factor in the roles of nutrition and body movement and how they fit into being one with my best self. When I'm mentally in a tough spot, I notice changes in my health. I move from exhaustion to belly aches. I also get sick more frequently. I found what specifically works best for me is talk therapy and journaling. What personally did not help me but has been proven to be effective with treating PTSD is EMDR. EMDR is an acronym for eye movement desensitization and reprocessing which in other terms it is a method involving moving your eyes a specific way while you process traumatic memories. I know so many people who found this method to be so helpful. I tried many different varieties of therapeutic approaches to heal from my trauma. Every person is different, and it may take some time to find what you need to help heal. I encourage you if you are struggling to reach out and ask for help. Do not ever give up on your mental health. **YOU MATTER!**





26 May 2023



# Press Release

## NEW AWARENESS CHALLENGE EXPECTED TO GO VIRAL!

June is World Infertility Awareness Month. All month long Chasing the Rainbows is starting a fun, friendly challenge to spread awareness, provide daily support and help the 1 in 6 people globally living with infertility.

ACCORDING TO THE WORLD HEALTH ORGANIZATION, ROUGHLY 1 IN 6 (1.3 BILLION) PEOPLE GLOBALLY EXPERIENCE INFERTILITY.

## Crack an Egg Challenge

How to participate is simple. Record on video either cracking an egg on your own head, have someone crack an egg on your head or have a friendly competition with someone to determine who gets the egg on their head. Start video by saying "I'm cracking an egg on my head for the 1 in 6 living with infertility. I challenge the following six people to join me in cracking infertility awareness open.....say the 6 people's names, then get cracking. Friendly competition examples are a coin toss, rock paper scissors, egg toss, egg juggling, egg race, or just getting an egg to your head. Do it once, multiple times or everyday in June calling out 6 new people...OR donate to support these people on an infertility journey. The vital steps are to upload the video on all your social media accounts, tagging the six people you challenged on video and using the designated hashtags found at [www.crackaneggchallenge.com](http://www.crackaneggchallenge.com) on June 1st.

## Let's Crack Infertility Awareness Open!